

# Dealing with Mental Illness for Tweens and Teens

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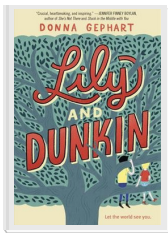
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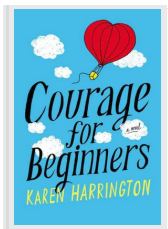
## Tween



**Gephart, Donna. *Lily and Dunkin***

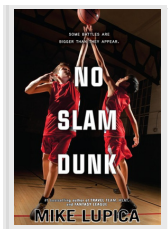
"In a poignant tale by an award-winning author, a transgender girl and a boy struggling with bipolar disorder forge a friendship based on their respective experiences as outsiders trying to fit in."

E-book | Audio-book



**Harrington, Karen. *Courage for Beginners***

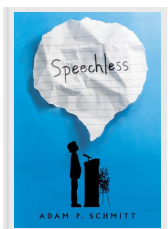
"Twelve-year-old Mysti Murphy of Texas wishes she were a character in a book. If her life were fiction, she'd know how to solve her problems at school; take care of her family when her dad has to spend time in the hospital; and deal with her family's secret: that her mother is agoraphobic and never leaves the house."



**Lupica, Mike. *No Slam Dunk***

"In Annapolis, Maryland, seventh-grader Wes is a good teammate but this basketball season has been challenging because of his ball hog teammate Dinero, who is determined to steal the spotlight and Wes's army veteran father who is suffering from PTSD."

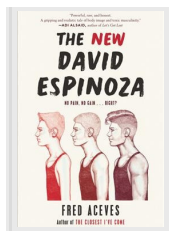
E-book | Audio-book



**Schmitt, Adam P. *Speechless***

Having to attend your cousin's wake sucks enough and wearing too small pants doesn't help. Jimmy doesn't think it can get worse, but then he finds out he has to give a eulogy at the funeral the next day. On top of hating giving speeches, Jimmy isn't sure how to write about his cousin that he really didn't like all that much, to begin with.

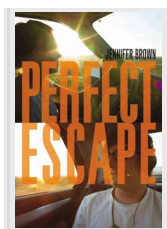
# Teen



**Aceves, Fred. *The New David Espinoza***

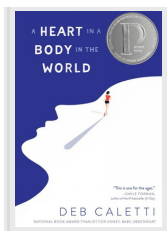
"Obsessed with the idea that he is not muscular enough and tired of being bullied, David, age seventeen, begins using steroids, endangering his relationships with family and friends."

E-book



**Brown, Jennifer. *Perfect Escape***

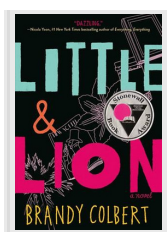
Growing up Kendra has felt that her family has been held back by her brother Grayson and his OCD. When a cheating scandal threatens Kendra's academic goals she practically kidnaps Grayson and takes him on a road trip to fix them.



**Caletti, Deb. *A Heart in a Body in the World***

"Followed by Grandpa Ed in his RV and backed by her brother and friends, Annabelle, eighteen, runs from Seattle to Washington, D.C., becoming a reluctant activist as people connect her journey to her recent trauma."

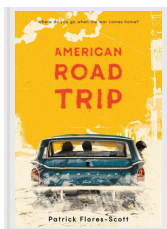
E-book | Audio-book



**Colbert, Brandy. *Little & Lion***

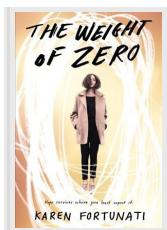
"Returning home to Los Angeles from her New England boarding school, Suzette considers staying home for good so that she can be near her friends, her crush, and her recently diagnosed bipolar brother, a situation that is complicated by her growing feelings for the girl her brother loves."

E-book



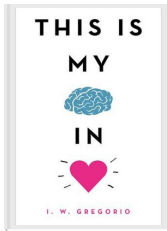
**Flores-Scott, Patrick. *American Road Trip***

"Brothers Teodoro and Manny Avila take a road trip to address Manny's PTSD following his tour in Iraq, and to help T. change his life and win the heart of Wendy Martinez. Includes information and resources about PTSD."



**Fortunati, Karen. *The Weight of Zero***

"A seventeen-year-old suffering from bipolar disease wants to commit suicide, but a meaningful relationship and the care of a gifted psychiatrist alter her perception of her diagnosis as a death sentence"



**Gregorio, I. W. *This Is My Brain In Love***

"Rising high school juniors Jocelyn Wu and Will Domenici fall in love while trying to save the Wu family restaurant, A-Plus Chinese Garden."

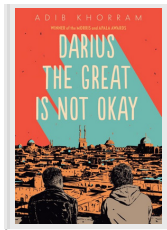
E-book | Audio-book



**Henry, Katie. *Let's Call It a Doomsday***

"A girl with an anxiety disorder that makes her afraid of world-threatening catastrophes befriends a girl in her therapist's waiting room who claims to know when the world is going to end."

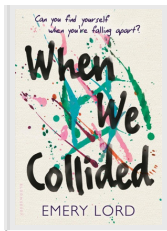
E-book | Audio-book



**Khorram, Adib. *Darius the Great Is Not Okay***

"Clinically-depressed Darius Kellner, a high school sophomore, travels to Iran to meet his grandparents, but it is their next-door neighbor, Sohrab, who changes his life."

E-book | Audio-book



**Lord, Emery. *When We Collided***

"Can seventeen-year-old Jonah save his family restaurant from ruin, his mother from her sadness, and his danger-seeking girlfriend Vivi from herself?"

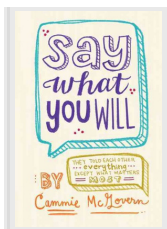
E-book



**Mathieu, Jennifer. *The Liars of Mariposa Island***

"The three members of the Finney family, including sixteen-year old Elena, her older brother Joaquin, and their alcoholic mother Caridad, must deal with their relationships with each other, their individual hopes and dreams, and family secrets."

E-book



**McGovern, Cammie. *Say What You Will***

"A girl confined to a wheelchair by cerebral palsy and a boy stymied by an obsessive-compulsive disorder are assigned to spend time together in what becomes a blossoming friendship that neither expected."

E-book



**Moe, Laura. *Breakfast with Neruda***

"Leaving his chaotic home to live in a 1982 station wagon, teenaged Michael is performing mandatory community service when he meets Shelly, a girl with a past, who may be special enough to unmask Michael's deepest secrets and reveal his immense heart."



**Niven, Jennifer. All The Bright Places**

Violet and Finch meet on top of the school's bell tower. When they become partners for a school assignment to see the wonders of their home state, it becomes so much more.

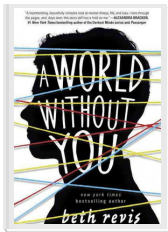
E-book | Audio-book



**Parker, Morgan. Who Put This Song On?**

"17-year-old Morgan is a black teen triumphantly figuring out her identity when her conservative town deems depression as a lack of faith, and blackness as something to be politely ignored."

E-book



**Revis, Beth. A World Without You**

"A teen boy suffering from the delusion that he can travel through time becomes obsessed with saving his girlfriend, a depressed girl with a tragic past and the superpower of invisibility."

E-book



**Rice, Luanne. Pretend She's Here**

"After her best friend Lizzie Porter dies, fifteen-year-old Emily is kidnapped by Lizzie's family, who demand that she become Lizzie's replacement, as Emily fears for herself, her family, and for Lizzie's younger sister, who is also a victim of Mrs. Porter's madness."

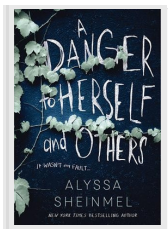
E-book



**Roat, Sharon Huss. How to Disappear**

"Introverted high school student, Vicky Decker, invents a social life on social media."

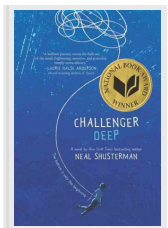
E-book



**Sheinmel, Alyssa B. A Danger to Herself and Others**

"After her best friend, Agnes goes into a coma as a result of a game of Truth or Dare, rising senior Hannah's secrets begin to escape while she is locked in a psychiatric hospital."

E-book



**Shusterman, Neal. Challenger Deep**

"As he struggles with schizophrenia, a teenage boy believes he is on a journey to reach the bottom of Challenger Deep, the deepest place on Earth."

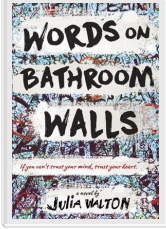
E-book | Audio-book



**Stanley, Shalanda. *Nick and June Were Here***

"Told in two voices, Nick, a sometimes artist who steals cars to support his aunt, and June, who has been hiding her symptoms of schizophrenia, run away together."

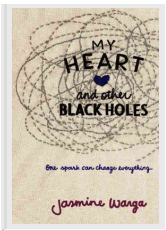
E-book



**Walton, Julia. *Words on Bathroom Walls***

As part of being on a new drug trial to treat his schizophrenia, Adam must attend therapy. Adam refuses to speak in therapy so he writes in a journal to share his thoughts and feelings about his recent diagnosis, which he is keeping a secret at his new school.

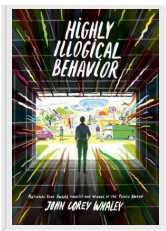
E-book | Audio-book



**Warga, Jasmine. *My Heart and Other Black Holes***

"Seventeen-year-old Aysel's hobby--planning her own death--takes a new path when she meets a boy who has a similar plan of his own."

E-book



**Whaley, John Corey. *Highly Illogical Behavior***

Soloman has not left his house in years after a panic attack caused an embarrassing scene with a water fountain outside school. Lisa needs to write a college essay that will help her stand out. She decides to try and help Soloman and write about the experience.

E-book | Audio-book



**Wunder, Wendy. *The Museum of Intangible Things***

Best friends Hannah and Zoey leave their small town and head out on a road trip to have new experiences and chase the intangibles - happiness, audacity, lust - that their lives have been missing.



**Zappia, Francesca. *Eliza and Her Monsters***

For Eliza, there are two kinds of monsters. There are the ones in the viral webcomic she writes under an alias and then there are the monsters better known as her anxiety and depression.

E-book

**Book descriptions in quotes are taken directly from  
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